



TIPS FOR PARENTS OF HOSPITALIZED CHILDREN TO PREVENT ANTIBIOTIC RESISTANCE

Be involved and take an active role in decisions about your child's care. Parents and caretakers who are more involved in their children's care tend to get better results.

Before the Hospital

- Be sure your child's healthcare providers are aware of any medicine s/he currently takes. This includes all prescription and over-the-counter medicine, home remedies, and dietary supplements. You should also make them aware of any food allergies (e.g. shellfish) that your child has. Ask if there are special instructions about giving your child's medication before and after the procedure.
- Ask your child's doctor if s/he needs to be vaccinated against diseases that cause respiratory infections. This includes influenza and pneumonia. Preventing respiratory infections and their complications decreases antibiotic use.
- Ask about the facility's infection control program and what can be done to reduce the risk of infection. Let doctors and nurses know you are concerned about preventing infections while your child receives medical care.

While in the Hospital

- Ask your child's healthcare provider and the hospital pharmacist for the names of each medication being given to your child. Also ask about the reasons your child is taking them. By asking questions, you may prevent errors.
- Make sure your child's doctors and nurses clean their hands before examining your child. Proper hand hygiene is one of the most important ways to prevent the spread of infection.
- Do not let anyone give your child medications without checking their hospital ID bracelet. This helps prevent your child from getting someone else's medications.

For more information: www.cdc.gov/drugresistance/healthcare

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After the Hospital

- When your child is ready to go home:
 - Ask for the treatment plan before you leave the hospital
 - Have a healthcare provider or the hospital pharmacist go over each of your child's medications with you.
 - Ask which medications your child should continue taking.
 - Update the child's medication list from home if there are any or if new medications are added.
 - Notify your primary doctor and your pharmacist about any changes that occurred in the hospital.
- Antibiotics are very powerful medicines and should be used to treat bacterial infections. If an antibiotic is prescribed for your child, make sure s/he takes the entire course. Never save antibiotics for future use. Throw out liquid antibiotics when children have finished the amount of medication prescribed by their healthcare provider.
- To give liquid medication, use only the measuring device that comes with it. This is especially important when administering a prescription or over-the-counter medication to a child. Household teaspoons and tablespoons are not accurate. Your pharmacist or healthcare provider may give you a special measuring device instead.